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Loma Linda University School of Medicine

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Alumni Journal

Alumni Association, School of Medicine of Loma Linda University

May-August 2014



Inspired Steps
What motivates some
of our alumni to run
26.2 miles?

also inside:

APC 2014 Photo Essay • Historical Narrative: Birth of the Alumni Association • A New Start for Orphans in Zimbabwe

New Online Presence:
The Central Line
STORIES, IMAGES & UPDATES
See page 3 inside →



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On the cover: **Dr. Cameo Carter '03**, pediatrician and marathon runner, her husband Brett Walls, their three sons Owen (7), Morgan (8), and Aidan (11), and their dog Toby sprint on the ridge of the Loma Linda hills.

Alumni Journal

May-August 2014
Volume 85, Number 2

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Established in the Past, Relevant in the Present

As the 2014 Alumni Postgraduate Convention came to a close, I couldn't help but look toward the significance of next year's gathering, which will take place March 6-9, 2015. The first six graduates of the College of Medical Evangelists flew the coop in 1914 and by graduation of 1915, the 18 graduates formed a loosely bound group who vowed to keep in touch. The leadership could see, even at that early stage, that the school and its growing body of alumni would benefit from having a "home" to nurture the relationship between them. The efforts were loose until 1923, when the Alumni Association was officially founded.

As we build toward the official 100th anniversary celebration in 2023, I'm reminded of Andy Warhol's comment on time. He said, "They always say time changes things, but you actually have to change them yourself." Isn't it true? Our organization's impact is only sustained and carried on by our purposeful efforts to define our mission and apply it in relevant ways at each turn.

So then, what is the mission of the Alumni Association? As I reflected on our founders' dream which is outlined on page 10 of this issue by **Dennis Park '07-hon** (Alumni Association Executive Director from 1993-2011), a few particular facets of the mission stirred passion in me:

1. The Alumni Association is postured to serve as a neutral body capable of nurturing the relationship between alumni and the institution that trained them.
2. We have the opportunity to support current medical students as they journey through what, for many, will be the four most challenging years of their lives.
3. We are blessed with the privilege of preserving the stories and supporting the causes of our alumni around the world.
4. We are able to serve as a hub for the connection and continued education (through avenues such as APC and the *Alumni Journal*) for our richly diverse alumni body.



▲ Roland Zimmermann '66, Alumni Association President

These, in my mind, are profoundly noble goals and ones that I, as the Association's president, am proud to stand behind.

I would like to take this opportunity to thank a few people for their contributions to the Alumni Association. First, I'd like to thank **Dr. Mickey Ask '79-A**, who recently passed the gavel to me, and served our Association this past year. Secondly, we wish to thank Nicole Batten, our previous executive director, for her good work and we wish her the best. Lastly, we are excited about our new executive director, Leann Ashlock, who is introduced on page four of this issue.

As we move forward, I would like to encourage all of our graduates to renew their dues and upgrade their perpetual memberships because this is the main resource allowing the Association to impact those for which it was established. I would also like to say that your Alumni Association is open to ideas where we can become increasingly relevant to the activities of our medical students and graduates. May you find peace and joy in your practice and family, and may you continue to find ways to Make Man Whole. ■

Roland Zimmermann
Dr. Roland Zimmermann '66
Alumni Association President

iPad Winner!

Thanks to all alumni who entered the raffle by completing our online survey, **Dr. Eric Chow '09** was randomly selected from the entries as the winner of a new iPad mini! Dr. Chow works at Kaiser Permanente in Waipahu, Hawaii as a primary care internal medicine and pediatrics physician. He and his wife, Irene, are busy raising their six-month old son.



New Online Presence:

The Central Line
STORIES, IMAGES & UPDATES

The Central Line is the new storytelling center and media hub of the Loma Linda University School of Medicine Alumni Association. Through an active online presence, the Alumni Association delivers the stories of its physicians directly to the heart of its alumni body. We invite you to help us write our rich and exciting history as it continues to unfold every day.

Please send current and historical stories and photographs to ewilkens@llu.edu. All submissions will be considered for publication on The Central Line or in the *Alumni Journal*.

Visit The Central Line:
www.thecentralline.llusmaa.org

Letter to the Editor

Dr. Glenn Miller '45 wrote to the *Alumni Journal* in response to the Historical Snapshot's prompt to share memories of "The Physician's Desk" as it existed in our alumni's medical practice. Dr. Miller writes, "Being a young general practitioner in a small town in the late 1940's was an adventure. I had a large glass-topped desk with a variety of cartoons under the glass on one end for



Life on the Line

This summer, experience Loma Linda University Health's mission as inspiring stories come to life in your living room. "Life on the Line," Loma Linda's first national TV show, will air on PBS stations throughout the country in July. This show features courageous individuals—from a newborn fighting heart disease to a young survivor of the 2010 Haitian earthquake.

Narrated by TV journalist Lisa Ling, many episodes feature LLUSM alumni. Cardiothoracic surgeon **Dr. Leonard Bailey '69** is featured in "Heart to Heart," the story of a family whose newborn baby desperately needs a heart transplant to survive. Dr. Bailey is also featured in "Baby Blue," a story highlighting the collaborative efforts of Egyptian and Loma Linda physicians to save Egyptian babies born with congenital heart disease. The episode "Out of the Rubble" tells of an 8-year old Haitian boy who is trapped under earthquake rubble for three days. This episode includes **Dr. David Puder '10** and **Dr. Alfonso Duran '10**. **Dr. Matthew Henderson '12**, **Dr. Ashley Henderson '13**, **Dr. Rachel Rose Nguyen '13** and **Dr. Karen De La Cruz '03** in "Anchoring Hope," the story of a medical boat from Loma Linda providing much-needed healthcare for people living in the Amazon jungle. "End It Now" features **Dr. William Murdoch '73-B** and **Dr. Clare Sheridan '86-R** helping child abuse victims move beyond the trauma and live their lives to the fullest. Visit www.lifeontheline.tv for more information and air times.

patients to enjoy. One of the main items on the desk was a Pomo Indian basket. The Pomos were famous for their weaving and we lived by Robinson Creek, called West River by the Pomos, which was a source of reeds. The basket was a receptacle for names of home calls completed and to be transferred to patients' personal records. I made as many as 10 house calls in a day."

New Executive Director

C. Leann Ashlock (née Miller) was born in Loma Linda, grew up in Santa Rosa and Thousand Oaks, and graduated from Newbury Park Academy—all in California. After graduating from La Sierra University with a Bachelor of Business Administration (Accounting) degree, Leann worked as an auditor and tax accountant for several years. While the exactness and detail of accounting was satisfying, she wanted to connect with people on a deeper level. That desire led her to complete a Masters of Science degree in Marriage and Family Therapy (MFT).

She accepted her first job in the field with the County of San Bernardino as a social worker and child abuse investigator and remained with the county for almost 19 years. Despite the challenges, she found the work (protecting those who could not protect themselves) to be deeply rewarding. While working at the county, Leann returned to Loma Linda University a third time and completed a Master of Social Work degree and received her license to practice in California (LCSW).

In 2013, Leann felt a desire to find a meaningful position that would allow her to use the full complement of her education, skills, and experience. When the



▲ C. Leann Ashlock

position of Executive Director became available, Leann was convinced that this directorship was just the position that could accomplish that goal. Even though she came on board at the busiest time of the year, as preparation for APC was in full swing, she feels extremely blessed to be part of the Alumni Association. Leann, whose uncle (**Dr. Milton Miller, '57**) is both an alumnus and a silver perpetual member, feels a deep connection to the alumni that the Association serves. Moved by the rich history and noble mission of the Alumni Association, Leann said she feels honored by the trust that the Association has placed in her. She pledges to carry that mission forward in the spirit of those who first envisioned it.

Leann is married to John Ashlock, a licensed Civil Engineer. They have five children ranging in age from 11 to 23 all of whom currently attend (or have graduated from) Loma Linda Academy. The Ashlock family attends church at Azure Hills and resides in Loma Linda, California. ■

Alumni Association Staff:

Back row: Michelle Ellison, Bookkeeper; Emily Wilkens, Staff Writer and Alumni Journal Coordinator; Eden Leeper, Administrative Assistant; Calvin Chuang, Media Producer and Graphic Designer; Front row: Ath "AT" Tuot, Records and Special Projects Coordinator; Leann Ashlock, Executive Director; Carolyn Wieder, Student Affairs and Events Coordinator; Not pictured: Veronica Martinez, Office Assistant



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A DOCUMENTARY SERIES FOR TELEVISION



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to the banks of the Amazon,
come inspiring stories from Loma Linda

This summer on



Narrated by Lisa Ling



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www.lifeontheline.tv

Evening Rounds Book Signing Draws Over 80 Authors

Over 80 authors of stories in the School of Medicine's recently published devotional book *Evening Rounds* attended a book signing event on Friday, March 7, during APC. Guests had the opportunity to meet the authors of their favorite stories and have their copies of the book signed.

Evening Rounds is available for purchase from the LLUMC Gift Shop, the LLU Campus Store, and Amazon.com. ■



▲ Dr. Richard Hart '70 and Dr. Kathleen Clem '89 sign copies of the book.

CMA President Richard Thorp '76-B Visits LLUSM

"Just because you don't take an interest in politics, doesn't mean politics won't take an interest in you," counseled California Medical Association (CMA) President **Richard Thorp '76-B**, paraphrasing Pericles during his January 22 visit to LLUSM.

During his time on campus, Dr. Thorp led a joint Grand Rounds lecture to the departments of Anesthesia, Surgery, and Internal Medicine, in which he displayed passion for the "sacred calling" of medicine and discussed medical issues facing the state of California.

Following his talks with faculty and trainees, Thorp

LLUSM Awarded \$7.7m from NIH to Establish Center for Neuroscience Research

The School of Medicine Dean's office is pleased to announce that Loma Linda University and Dr. John H. Zhang, Professor of Neurosurgery and Vice Chair of Physiology, have been awarded approximately \$7.7 million from NIH-NINDS to establish the Center for Neuroscience Research. Dr. Zhang, MD, PhD, will serve as Director of the new center. This award, to be distributed over the next five years, follows a Program Project Grant (P01) submission by Dr. Zhang and his Loma Linda University Translational Neuroscience Group collaborators, Drs. Jiping Tang, Jerome Badaut, Andre Obenaus, Richard Hartman, and William Pearce. More complex in scope and budget than individual research grants, Program Project Grants are available to a group of investigators who wish to pool their talents and resources.

The center will address how an "expanded neurovascular unit" responds to injury and putative therapeutic treatment of subarachnoid hemorrhage, intracerebral hemorrhage, and traumatic brain injury. The Translational Neuroscience Group is proposing a horizontal comparative study of these three brain hemorrhage disorders while employing neuroimaging, neurobehavioral testing, and vascular biology to compare common and distinct features. Their results have the potential to impact daily neurosurgical care. ■

toured the LLUSM Clinical Skills Education Center and Simulation Center as well as other facilities on campus, ending with a noon meeting with medical students.

"I have always been grateful for the preparation Loma Linda gave me for my career," reminisced Thorp following his talks. It created the foundation for providing clinical services in my small community." When not serving his duties as CMA president, Thorp practices internal medicine in Paradise, California. He and his wife Vicki enjoy cooking, gardening and scuba diving and their blended family of four children and two grandchildren. ■

Three Departments Welcome New Leadership

Family Medicine

Dr. John Testerman '80

John Testerman, MD, PhD has stepped down as Chair in the Department of Family Medicine after 16 years. He previously served as the president of LLUMC medical staff, has chaired the School of Medicine Spiritual Life and Wholeness Committee, and is known for his initiatives regarding physician wholeness, reaching out to faculty who are suffering from stress.

Dr. Roger Woodruff '81

Dr. Woodruff has been appointed Chair in the Department of Family Medicine. After graduating from LLUSM, he completed a Family Medicine Residency at Florida Hospital. In 1987 he was instrumental in starting the LLUMC Family Medicine Residency. In 1990, he and his family moved to Spokane, Washington where he practiced with fellow alumni **Dr. Keith Wilkens '82, Dr. Hal Bailey '91, Dr. David Shipowick '90 and Dr. James Anderson '68**. He has served as medical director of Columbia Medical Associates where he was responsible for physician management and performance as well as member of the Physician Advisory board for the Providence Health Centers/Group Health LLC, a newly formed contracting partnership in Spokane.

Ophthalmology

Dr. Howard Gimbel '60

Howard Gimbel, MD, MPH has stepped down as Department Chair of Ophthalmology, after 14 years in that position. Dr. Gimbel contributed his excellent reputation as a pioneer in the field of Ophthalmology to LLU. He is a remarkable, gifted surgeon and teacher. He is recognized nationally and internationally for his contributions to Ophthalmology. Dr. Gimbel was the LLUSM Alumnus of the Year in 2013. The residents as well as faculty who worked with Dr. Gimbel at Loma Linda learned much from his innovative approach to surgical problem solving. Dr. Gimbel will continue working with LLUSM on a limited schedule in the future.

Dr. Michael Rauser

Michael Rauser, MD was recently appointed Chair in the Department of Ophthalmology. He received his MD in 1990 and completed his ophthalmology residency in 1994, both at the University of Maryland. After his fellowship in Retina and Vitreous Surgery at Mayo Clinic, he came to LLUSM in 1999. He is currently an Associate Professor in the Department of Ophthalmology and has served as the residency program director from

2002 to 2013. He currently practices comprehensive ophthalmology with a subspecialty emphasis in medical retina. His research interests include cataract surgery, medical retina, and retinopathy of prematurity, which have resulted in multiple publications.

Pathology and Human Anatomy

Dr. Brian Bull '61

Dr. Bull served as LLUSM Dean from 1994-2002 and has served more than 40 years as Chair of the Department of Pathology and Human Anatomy. His numerous contributions to LLUSM have been invaluable, through his leadership and teaching. His expertise in medical school study techniques and Meyers-Briggs Temperament Indicator workshops have been important resources for LLUSM students through the years. Dr. Bull plans to continue an active program of research and writing.

Dr. Paul Herrmann '00

Paul Herrmann, MD, PhD has been appointed chair of the Department of Pathology and Human Anatomy. Dr. Herrmann received his PhD in Chemistry from Stanford University in 1996 before completing his MD at LLUSM in 2000. He completed his residency in Anatomic Pathology at the National Cancer Institute, where he later served as a Clinical Fellow in Hematologic Pathology. In 2008, Dr. Herrmann returned to LLU to complete a residency in Clinical Pathology. He is an Associate Professor in the LLUSM Department of Pathology. He is the Medical/CLIA Director of Laboratories and currently serves as the Chief Financial Officer of the Loma Linda University Faculty Medical Group. ■

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Twitter: @LLUMedSchool

Student Blog: llusm.wordpress.com

The Dean is Now on Instagram!

Follow Dr. Roger Hadley at @RogerHadley

Upcoming Alumni Events

May 23-25

School of Medicine Graduation Weekend

July 11-21

Alaska Alumni Cruise

March 6-9, 2015

2015 Annual Postgraduate Convention

Morning Rounds and Evening Rounds: Our Collective Story

I just finished reading a devotional from *Evening Rounds* written by Marvin Atchinson, LLUSM class of 1998. It brought a smile to my face and at the end I found a small lump in my throat. What is it about stories that can move us through a range of emotions? And what is it about what was written for *Morning Rounds* and *Evening Rounds* that can make us mindful of and grateful for what we have at this medical school that is so unique among medical schools—whose students and graduates are indeed of a different caliber?

As I peruse this most recent book, I recognize the names of many revered teachers of mine and find that long after I graduated, I am still learning from life lessons shared through their collective voices of experience and the absolute essentialness of whole person care.

I turn the pages and see names like **Dr. Lawrence Longo '54**, a fully funded NIH researcher, who, after years of studying the intricacies and miracle of a developing fetus, wrote about the beauty and the importance of Sabbath – as did psychiatrist **Dr. Bruce Anderson '64**, a scientist and a practitioner – who both feel that Sabbath has not only survived the test of time, but is essential to our being. Equally important are the words of Thurman Merritt, LLUSM department of pediatrics, who wrote about “compassion” and cited venerated leaders and teachers on this timeless topic. He noted that compassion is best illustrated through the story of the Good Samaritan, the symbol of our university.

The stories by students describing their trials and triumphs in medical school causes one to relive parts of the arduous process of

becoming physicians. And their tales of mission electives or those experiences penned by alumni who have served in the inner cities or in developing countries, indicate that being a “medical evangelist” is still at the core of what we believe and do at LLUSM.

I am deeply saddened as a few of the authors (**Dr. J. Barry Siebenlist '61**, **Dr. Arthur Davis Jr., '69**, and Dorothy Patchett) have passed away since they submitted their stories to the book. **Dr. Jay Sloop's '60** story was one of the first received, and when we heard the news about his disappearing in Ukraine, we felt and still feel an unrelenting ache for his family. It seems as if these authors' words take on a deeper meaning with their writers now gone.

As a parent, I hurt as I am reminded about the brevity and uncertainty of life as I read a mother's account of her adult son's (**Dr. Greg Watkins '87**) journey with a glioblastoma multiforme and the sequelae that followed. I did not realize as the book was being compiled, of the importance it would play as a type of “book of remembrance” for so many, and for that I am most grateful if indeed, it helps ease the pain for those left behind.

As you read the pages of these two books, I hope you will be proud of your school and what it has accomplished through you, its graduates; that you will be allowed a glimpse into the good in the world that has come about because of our graduates over the past 100 years. It is only because of you, your prayers and the sharing of your resources with your alma mater that this vital legacy will continue: I prayerfully and earnestly beseech you to remember Loma Linda University School of Medicine. We need to make certain that which is Loma Linda, stays Loma Linda. ■



H. Roger Hadley '74
School of Medicine Dean



Save the Date! | Sunday, June 1, 2014

Loma Linda University School of Medicine

100th Anniversary Bash

An evening of family fun featuring local food vendors and 1920s-era music

*Celebrating 100 Years of Graduates
and the finale of the Centennial Celebration
2009-2014*

Location: Centennial Complex Lawn and Parking Lot
For more information, visit llu.edu/medicine.



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School of Medicine



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MANY STRENGTHS. ONE MISSION.



LOMA LINDA UNIVERSITY
HEALTH





▲ The College of Medical Evangelist Class of 1915 on their senior year picnic in Loma Linda, California.

Born Out of a Sense of Mission

Early Beginnings Of Our Alumni Association

By **Dennis E. Park, M. A. '07-hon**

In 1914, the first six students—two ladies and four men—graduated from the College of Medical Evangelists (CME) (see *Alumni Journal*, January-April 2014 p. 8), a yet-to-be-accredited medical school. A five-year curriculum was set in place as the college planned to prepare physicians to be evangelists as well as intelligent medical practitioners. (DM 119) Although the state of California had yet to rule on the General Conference of Seventh-day Adventists' request to be incorporated as an official school of medicine, the 16 faculty members' and students' hopes were high and were not disappointed when the state approved the incorporation request. The administration continued to concentrate its efforts on meeting the accreditation requirements.

At that first graduation in 1914, the school was gasping for its academic breath with a "C" rating—an all but worthless designation in terms of accreditation, but a rating just the same. After graduation, the first six alumni

went their separate ways, seemingly undaunted by four glaring uncertainties. Would they pass the upcoming State boards—the single test dictating their future ability to practice medicine? Would their alma mater's "C" rating keep them from establishing sustainable clinical practices? How would the festering world events in Europe play out? And with the tenuous academic and financial state of the school, what would be the long-term prognosis of their alma mater?

The faithful church leaders, administrators, and faculty may not have been highly credentialed, but they were righteously fervent in their efforts to save the soul of this young medical school. In their efforts to move forward,

the school's initial weaknesses were slowly strengthened. Following the 1915 graduation, the fledgling medical college boasted a total of 18 graduates—a small but true body of alumni. In the shadow of the hill, with no real organization or structure, this small group banded together as CME alumni and vowed to stay in touch via letters, sharing news of their activities and happenings with their alma mater. Class president **Dr. Leslie D. Trott '15** served as coordinator of the letter-writing brigade from 1915 to 1917. For his efforts, Dr. Trott is affectionately remembered as the first president of the unofficial, unchartered band of alumni. Following Dr. Trott's short tenure, there was a lapse in alumni leadership. World War I and its impact on medical education was the biggest factor. The draft, the church's stand on non-combatant status, and the way members of the faculty were being called into the Army all placed a strain on the long-term welfare of CME.

The Classes of 1916 and 1917 added 23 more graduates to the alumni roster. The Class of 1918 boasted 22 graduates and would be the first class to graduate under the school's improved "B" rating. The class of 1919 was the smallest class, with only 5 students receiving their medical diplomas. Classes 1920 and 1921 graduated 34 members bringing the total number of alumni to 102. It would not be until November of the following year that these graduates would learn that they held degrees from a class "A" medical school.

Somewhere in the midst of this institutional chaos, the Alumni Association, as we know it today, began to take root. More of a thought than a fully developed idea, **Dr. Iner Sheld-Ritchie '15**, stated the following in 1920:

With unmistakable evidence of divine guidance and protection has the school prospered and grown and marked indeed have been the blessings of our God upon the school of His planting. Each year [the school] has witnessed a growth in numbers in our classes until we believe that soon we shall see fulfilled the promises regarding this school, and our prayer is that thousands who, according to the promise, are to be trained here, will fulfill the one great purpose as true medical missionaries...With the present number of graduates, we feel that we have now come to the time when we can organize into a successful alumni association. Not after a worldly order, nor for a selfish purpose, but a definite, high and holy cause, even that of our Master.

Dr. Ritchie continued by constructing a general outline as to how the proposed Alumni Association should operate. He wrote:



▲ Dr. Iner Sheld-Ritchie '15

This organization has great possibilities if properly developed. It should necessarily be organized upon a sound and proper financial basis, having the support of all its members. Such benefits as a poor students' fund and the establishment or aid of medical missionary work, both at home and in foreign fields, are worthy of our attention.

In conclusion, Dr. Ritchie opined, "The hearty co-operation of every graduate is earnestly solicited in this matter. We would greatly appreciate a word of advice and counsel from each and every graduate of the college."

Beginning in 1920, the Alumni Association of CME met once a year during the medical school commencement to organize a working association. On May 30, 1923, the Alumni Association was formalized and Harold Lewis '20 was elected the first official Alumni Association president.

The rest is history. Thousands have been trained at CME/LLU and medical missionaries continue to span the globe. The Alumni Association of the School of Medicine of Loma Linda University—over 10,000 strong—continues, among its many other activities, to support the students, aid in medical missionary work, and to organize continued connection and education for its alumni.

In his president's page in the July-August 1964 issue of the *Alumni Journal*, **Dr. Jack W. Provonsa '53-A** compared the Alumni Association to an abstract self of a group or an organization. He wrote: "Our Alumni Association must be strong, vigorous, united, and independent. Not just for its own sake, but precisely because it is a service organization. It must have a self to give." This is the *raison d'être* of our School of Medicine Alumni Association. ■

2013 Class Giving Report

Medical alumni give back in countless ways—through their time, their talents and their finances. We want to recognize this passion of service in our alumni and encourage more alumni to give this year to help us raise these class giving numbers even higher. In 2013, medical alumni of Loma Linda University gave almost \$8 million dollars through the Alumni Association and Loma Linda University to various projects—from campus and hospital improvements to mission projects to student scholarships to research. Thank you for your generosity! Be sure to check out how your class fared in giving last year. We give special thanks to the classes of 1960 and 1955 for standing above the rest in their giving totals and class participation.

Class Year	Class Representatives	Total 2013 Giving	Participation Rate
1937-1945	Drs. Ellsworth E. Wareham and William Wagner	\$158,245.30	23%
1946	Dr. Marlowe H. Schaffner	\$16,855.00	36%
1947	Dr. Robert D. Mitchell	\$56,974.00	19%
1948	Dr. Frank S. Damazo	\$99,500.00	7%
1949	Dr. Louis L. Smith	\$3,920.00	37%
1950	To Be Named	\$95.00	8%
1951	Dr. Herbert I. Harder	\$74,800.50	41%
1952	Dr. Roy V. Jutzy	\$19,185.00	26%
1953	Drs. Robert L. Horner and Milton E. Fredricksen	\$20,720.99	35%
1954	Dr. Edgar O. Johanson	\$133,310.00	30%
1955	Dr. Irvin N. Kuhn	\$47,008.33	57%
1956	Dr. Rodney E. Willard	\$24,653.00	35%
1957	Dr. Harvey A. Elder	\$32,315.00	37%
1958	Drs. Stewart W. Shankel and John C. Stockdale	\$5,290.00	25%
1959	Dr. Richard A. Jensen	\$14,055.00	31%
1960	Dr. Clifton D. Reeves	\$3,638,107.53	25%
1961	Dr. Edwin H. Krick	\$1,533,778.00	54%
1962	Dr. Hubert C. Watkins	\$27,943.00	33%
1963	Dr. Robert E. Soderblom	\$37,411.50	44%
1964	Drs. Edward C. Allred and John W. Mace	\$559,220.00	34%
1965	Dr. Richard L. Rouhe	\$72,016.81	40%
1966	Drs. Mary L. Small and Glenn D. Garbutt	\$39,165.00	27%
1967	Dr. Anton N. Hasso	\$61,149.71	26%
1968	Dr. M. C. Theodore Mackett	\$37,898.00	21%
1969	Dr. Joseph G. Billock	\$8,640.00	28%
1970	Dr. John D. Jacobson	\$50,279.00	29%
1971	Dr. Jeffrey D. Cao	\$9,765.00	27%
1972	Dr. John E. Kaiser	\$22,615.50	16%
1973	Drs. Donald L. Anderson and Elmar P. Sakala	\$47,985.00	16%
1974	Dr. H. Roger Hadley	\$24,155.00	15%
1975	Dr. Cherry Brandstater	\$208,810.00	22%
1976	Drs. Nancy J. Anderson and Richard D. Catalano	\$29,715.00	17%

Class Year	Class Representatives	Total 2013 Giving	Participation Rate
1977	Drs. John D. Wuchenich and Robert K. Nakamura	\$26,315.00	17%
1978	Drs. V. Reinaldo Ruiz and Jane M. Bork	\$10,155.00	11%
1979	Drs. Dennis D. Reinke and Linda H. Ferry	\$20,265.00	19%
1980	Drs. Virgil J. Nielsen and Steven W. Hildebrand	\$41,808.00	22%
1981	Dr. Roger Woodruff	\$30,990.00	19%
1982	Dr. Craig H. Leicht	\$33,065.00	18%
1983	Dr. Gary L. Baker	\$23,409.83	10%
1984	Dr. Ricardo L. Peverini	\$36,315.00	20%
1985	Dr. Ronald L. Hebard	\$16,656.00	19%
1986	Dr. Steven C. Herber	\$35,670.00	17%
1987	Drs. Tamara L. Thomas and Claudette Jones Shephard	\$125,415.00	23%
1988	Dr. Gerard E. Ardron	\$54,090.00	25%
1989	Drs. George M. Isaac and Leonard S. Kurian	\$27,435.00	13%
1990	Dr. Andrew C. Chang	\$25,788.00	10%
1991	Dr. A. Jo Orquia	\$25,155.00	9%
1992	Dr. D. Greg Anderson	\$48,010.00	11%
1993	Dr. Karen V. Wells	\$16,625.00	5%
1994	Dr. Lisa D. Palmieri	\$4,425.00	8%
1995	Dr. Joycelyn L. Heavner-Manullang	\$12,360.00	9%
1996	Dr. Eric K. Frykman	\$11,664.88	12%
1997	Drs. John W. Samples and David K. Tan	\$7,871.00	9%
1998	Dr. Columbus D. Batiste	\$9,390.00	5%
1999	Dr. Mark E. Thompson	\$8,405.00	8%
2000	Dr. Paul C. Herrmann	\$13,204.90	9%
2001	Dr. Samuel Chang	\$29,430.00	9%
2002	Drs. Elizabeth A. Giese and Anthony A. Hilliard	\$28,930.00	4%
2003	Dr. Cameo A. Carter	\$9,709.99	6%
2004	Dr. Joseph M. Bowen	\$27,046.00	10%
2005	Dr. Merrick R. Lopez	\$6,455.00	6%
2006	Dr. Audley V. Williams	\$6,591.00	6%
2007	Dr. Evelyn Law	\$12,540.00	5%
2008-2013	Drs. Monique S. Nugent, Joshua M. Jauregui, Luke C. Strnad, Michael J. Matus, Bradford A. Hardesty, and G. Stephen Edwardson, Jr.	\$5,815.00	4%
	2013 Class Giving Report	Total 2013 Giving	Participation Rate
	TOTALS	\$7,906,585.77	20%

President’s Award
Highest Total Giving
Class of 1960 | \$3,638.107.53

Dean’s Award
Highest Class Participation
Class of 1955 | 57%

APC 2014

A Photo Essay

To watch a short overview of the weekend, go to:
www.thecentralline.llusmaa.org/apc-2014-highlights



- ▲ The Wedgewood Trio, comprised of **Dr. Robert Summerour '71**, Don Vollmer, and Jerry Hoyle, PhD, accompanied by fiddler Christina Thompson, performed as special guests at the first "Loma Linda's Got Talent" variety show. The Wedgewood Trio formed during the early sixties while they were attending Newbold College and performed throughout the British Isles and Europe. The group produced four gospel and two secular albums between 1964 and 1969. In 1992, the trio reunited for a concert and the response was so positive that they launched a Reunion Tour.



- ▲ APC 2014 registration took place on Friday, which kicked off the weekend's soul-moving and intellectually stimulating program.

- ▼ **Dr. LeRoy Byers '78-A** was awarded the Global Service Award Friday night for his 26 years of mission service in Taiwan, Lesotho, and Togo. To watch a short video of Dr. Byers, visit vimeo.com/llusmaa/byers



- ▲ Lectures brought LLUSM physicians of all fields and generations under one roof to learn and share on current and critical subjects.
- ▼ Pastor Jose Rojas spoke on the definition of "success" and the opportunity for the Christian medical community to provide a kind of care that draws people to Jesus Christ.





▼ **Dr. James A. McHan '58** performed as a one-man band, playing the trumpet with his right and the piano with his left.



◀ **Dr. Prasert Basil Vassantachart 79-B** (president elect) **Dr. Roland Zimmermann '66** (president) and **Dr. Mickey Ask '79-A** (outgoing president) standing outside of the School of Medicine after passing the gavel for this coming year's positions.

◀ Loma Linda's Got Talent variety show judges **Dr. Takkin Lo '86**, **Dr. Gina Mohr '96** and **Dr. Hugh Watkins '62** commented on each act with humor and grace imitating the popular TV show America's Got Talent.

On Saturday night of APC weekend, the Alumni Association's hosted the first "Loma Linda's Got Talent" variety show. Over 300 tickets were sold to enjoy the best talent from among the students and alumni of the Loma Linda University School of Medicine.



▲ **Dr. Francis Lau '47**, Rita Bailie, and **Dr. Ernest Zane '56** enjoyed socializing at the APC Gala celebration with amazing food, entertainment and company.

◀ Newly appointed executive director C. Leann Ashlock welcomed alumni to the APC 2014 Gala dinner on Monday night of APC Weekend.



▲ Singer Branden James, Season 8 finalist on America's Got Talent, provided an incredible evening of rich and moving music at the APC Gala. He closed the program with a beautiful rendition of "Amazing Grace."

To download APC Gala photo booth photos, visit: www.thecentralline.illusmaa.org/apc-2014-photobooth

Past presidents of the Alumni Association who attended this year's Gala. Back row: **Dr. Clifton Reeves '60**, **Dr. Roger Scheult '00**, **Dr. Hugh Watkins '62**, **Dr. Raymond Herber '57**, **Dr. Robert Soderblom '63**, **Dr. Edwin Krick '61**, **Dr. Clifford Walters '74**, **Dr. Mickey Ask, '79-A**. Front row: **Dr. Marlowe Schaffner '46**, **Dr. Philip Reiswig '61**, **Dr. Donna Carlson '69**, **Dr. Monica Neumann '74**, **Dr. Marilyn Herber '58**, **Dr. Roy Jutzy '52**





To download honor class reunion photos, visit:
www.thecentralline.ilusmaa.org/apc-2014-reunions

▲ Pioneer Reunion

Back Row: James McKinney '59, Richard Jensen '59, Theodore Johnstone '59, Samuel DeShay '59
Front Row: Leroy Thompson '46, Ralph Boyd '59, Karen Shea '59, DeWayne Caviness '59



▲ 60th Anniversary | Class of 1954

Back Row: Delmar Johnson, Gordon Osborn, Walter Cason, Alvin Ratzlaff, Harold Dupper
Front Row: Roy Berglund, Merlyn Duerksen, John Dowsnell, Trygve Opsahl, Horace Spear, Edgar Johanson, Glenn Reynolds.



▲ 50th Anniversary | Class of 1964

Back Row: Wayne Boyd, Michael Siaw, Bob Freed, John Mace, Dick Norman, Griffith Thomas, Patrick McCaffery, Bruce Anderson, Clyde Ikuta, Marvin Piper, Darrell Lang, Willard Wagner
Middle Row: Wilfred Wells (standing), Gordon Wheeler, Ed Allred, John Hodgkin, Loren Denler, Larry Magnussen, Robert Bond, Kenneth Kelln, Ken Head, Tom Matthews, Wellington Manullang, Allan McDonald, John Elloway, Carter Noland, Wilson White, Reg Madden
Front Row: Milford Thomas, Emma Lou Wells, E.A. Hankins, George Chen, John Slayback, Michael Odell, John Shaw, Bob Latta, Choong Baick, Frances Gutierrez, Lassia Radomsky Van Hise, Yolanda Leon, Charlotte Zane, Delmer Fjarli, Emmett Tetz, Bill Gaskill.



▲ 40th Anniversary | Class of 1974

Back Row: James Reese, Thomas Burgdorff, John Owens, Timothy Welebir, Cliff Walters, James Dexter, Jon Kattenhorn, Brian Koos, Gordon Peterson, Bob Wilson, Frank Rogers, Larry Thomas, Charles Inman, Gordon Miller '75
Front Row: Timothy Jung, William Hill, Linda Mason, Monica Neumann, Sherry Shrestha, Karl Sandberg, Jesse Perry, Ted Powell, Dean Hadley, Roger Hadley, Glyn Marsh.



▲ 30th Anniversary | Class of 1984

Back Row: Steven Duerksen, Alan Luk, Timothy Killeen, Randal Schafer, James Engelhart, David DeRose, Scott Gibson, Kerry Hagen, Samuel Lored, Pierre Scales

Middle Row: Bruce Hayton, Ricardo Peverini, Esther Won, Lilia Lored, SeLena Lantry, Kathryn Hayes, Mark Nystrom

Front Row: Thuan Dang, Ronald Johnson, Thomas Donaldson, William Wheeler



▲ 25th Anniversary | Class of 1989

Back Row: Yvonne Foster, Charles Hardison, Sonja DeRose, Ed McClusky, James Nagel, Victoria Morgese, Glenn Matney, Darrin Smith, Dave Hutton, Darrell Bowyer, Mark Ranzinger, David Panossian, Sondra Shields, Brett Robinson, Tadd Selby, Greg Lang, George Isaac

Front Row: Ruth McLarty, Kelly Chung, Wendy Siegersma, Sharon Wong, Leonard Kurian, Arr Alinsod, Cameron Johnson, Glenn Littell, Jodi Bailey, Kathy Clem



▲ 20th Anniversary | Class of 1994

Back Row: Angeline Devitt, Jeff Grange, Mark Bolton, Kent Denmark, Christopher Tsai, Chris Dael, Bobby Bhasker Rao, David Condon

Middle Row: Marguerite Brathwaite, Susan Barnes, Elizabeth (Leah) Lynch Walters, Celia Stenfors Dacre, Marta Cheatham, Dorothee Lambert Cole, Tawnya Constantino, Alan Dacre, Laura Kittle, Genevieve Bloom, Lori Vanyo, Lisa Palmieri Stevens

Front Row: Sonja Tang, Thu Tang, Sophia Cho, Sylvia Johnston, Gladly Savala, Francis Chan



▲ 10th Anniversary | Class of 2004

Back Row: Stephen Waterbrook, Aron Depew, Andrew Giem, Mike Mercado, Tekla Bingman, Natalie Atchison, Tania Crussiah, Michael Bohlman, George Miranda, Janette Rylander

Front Row: Nephtali Gomez, Jennifer Decracker, Jean Kim, Shelia Hsu, David Creamer, Gemma Miranda, Gretchen Johnson, Erika Parker, Jaime Bohlman, Amy Schill



▲ Children of the Class of 2004—future alumni?

Honored Alumni

Each year the Alumni Association has the difficult task of selecting six individuals from its living body of 8,000 to be named as the year's Honored Alumni. Upon receiving nominations from its alumni body, the Association takes the list to its Board which then narrows it down and eventually selects the six honorees. We want to thank our 2014 Honored Alumni for their contribution to medicine and for embodying the mission of the Alumni Association.

Dr. Ted Hamilton '73

After graduating from medical school, **Dr. Ted Hamilton '73** moved to rural North Carolina to practice medicine. After five years and delivering more than five hundred babies, he left to teach family medicine to aspiring young residents at Florida Hospital in Orlando. There he discovered an aptitude for medical administration that led him to complete a master's degree in business and to pursue a career in physician leadership.

He has worked as executive director for a large academic physician practice plan affiliated with Loma Linda University School of Medicine; medical director for HMO Georgia, a division of Blue Cross and Blue Shield; Chief Medical Officer of Florida Hospital, an eight-campus, 2,000-bed institution; and as medical consultant to Tennessee's Medicaid program. Along the way, Dr. Hamilton continued part-time clinical work in various acute care settings and has written and published prolifically.

He has demonstrated commitment to community service by serving as a board member for organizations providing healthcare services for the homeless and uninsured as well as supporting blood procurement and food provision for the hungry. Married, with two daughters and two grandchildren, he is active in his local church, enjoys water sports, golf, snow skiing, and is an avid reader.

Dr. Hamilton is committed to working with hospitals to improve the quality of patient care. He is convinced that physicians who experience deep purpose and meaning in the practice of medicine, and who achieve a wholesome balance between their personal and professional lives, are in the best position to provide quality care and meaningful leadership in our healthcare institutions.

To watch a short video about Dr. Hamilton visit: www.thecentralline.llusmaa.org/apc-2014-hamilton



Dr. George L. Juler '52

After graduating from medical school in 1952, **Dr. George L. Juler '52** completed his internship at White Memorial Hospital after which he and his wife Margaret settled in Chico, California. Only one year later, they were called to replace a physician at Ubon Mission Hospital in Thailand. Our honoree practiced at Ubon Mission Hospital for five years during which time he learned the local language and connected intimately with the culture and people, many of whom expressed overwhelming gratitude upon his departure for the good work he had done.

When he returned to the United States, he entered a surgical residency at Long Beach Veterans Administration Medical Center. After five years of training in general, vascular, and thoracic surgery, the hospital appointed him as Chief of General Surgery Service, a position he held until his retirement in 1994.

During his time at the VA, our awardee treated several noted US Military fighter Aces—many of whom became his personal friends. With his interest in the air battles of World War II piqued, our honoree joined the Friends of the American Fighter Aces Association of Southern California and served as the organization's president for 10 years. The Association's main goal was to organize monthly symposia at which Aces would recount their air combat experiences directly to audiences. Our honoree has been widely published, has trained 457 surgical residents, and has displayed tremendous commitment to the preservation of humanity and their stories.

To watch a short video about Dr. Juler visit: www.thecentralline.llusmaa.org/apc-2014-juler



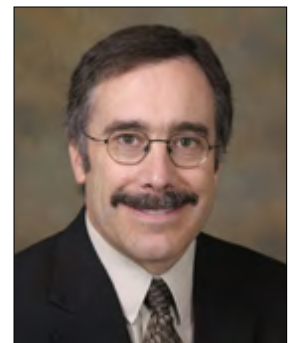
Dr. Mark E. Reeves '92

Having grown up as the son of a surgeon, **Dr. Mark E. Reeves '92** was always interested in medicine. While in medical school, he completed a PhD in Molecular Oncology at UCLA. He completed his surgery residency at Loma Linda University and two surgical oncology fellowships—one at the National Cancer Institute and another at Memorial Sloan Kettering Cancer Center.

Since returning to Loma Linda, he has worked as the director of the Loma Linda University Cancer Center, overseeing its expansion into a world-class facility. As a surgical oncologist, he leads liver oncology programs at both the Loma Linda University Cancer Center and the Veterans Administration Medical Center. Dr. Reeves oversees an active surgical oncology laboratory, is published widely, and currently serves as the Vice President for Institutes at Loma Linda University.

As the Program Director of the general surgery residency at Loma Linda University, Dr. Reeves was instrumental in establishing the new rotation to Malamulo Adventist Hospital in Malawi, making it the only surgery residency program in the United States with an approved international hospital as a participating program site. As a result of fourth-year surgical residents rotating to Malawi, the hospital's surgical capacity has significantly increased. Dr. Reeves and his wife **Dr. Michelle Reeves '86** enjoy spending time with their sons Matthew and Michael.

To watch a short video about Dr. Reeves visit: www.thecentralline.llusmaa.org/apc-2014-reeves



Dr. H. Del Schutte Jr. '84

After completing rotations in a variety of fields during his third year of medical school, **Dr. H. Del Schutte Jr. '84** felt that none fully satisfied his creative side nor fulfilled his desire to work with his hands. He considered returning to his first love—brick laying—a trade that had put him through high school and college. But his father, **Dr. Harold Schutte '62**, encouraged him to finish his medical training. While rotating on orthopedics during his senior year, he found his artistic passions joined with medical career.

Dr. Schutte completed a residency in Orthopedic Surgery at Loma Linda University Medical Center as well as a fellowship in Reconstructive Surgery at the University of Arizona. He has dramatically impacted his field by holding positions of leadership including Chief of Orthopedics at Ralf Johnson Veterans Hospital, President of the South Carolina Orthopedic Association, and his current position as Director of Joint Reconstruction at East Cooper Medical Center in South Carolina. He still holds teaching positions at a number of institutions and was recently awarded the John A Seigling teaching award by the Medical University of South Carolina Department of Orthopedic Surgery for his commitment to education.

Because of a shared global vision, Dr. Schutte's wife and children have accompanied him to on numerous orthopedic missions to places such as Bhutan, Nepal, Panama, the Marshall Islands, and Tanzania.

To watch a short video about Dr. Schutte visit: www.thecentralline.llusmaa.org/apc-2014-delschutte



Honored Alumni, Continued

Dr. Tamara L. Thomas '87

At the age of four, **Dr. Tamara L. Thomas '87** and her twin sister were cast as models in the Loma Linda School of Dentistry brochure. However, it was the School of Medicine that drew her in for training. She specialized in Emergency Medicine because of the unique opportunity it provided to serve individuals in crisis. In 2006, Dr. Thomas was named a "Hero of Emergency Medicine" by the American College of Emergency Physicians recognizing her commitment to her field and to the patients and communities around the world whom she has served. That same year, she was conferred a Fellowship of the International Federation of Emergency Medicine—an honor only bestowed upon a select few every year.

Dr. Thomas' endeavors have focused on education, training and system development in her field and have taken her to China, Tibet, Guatemala, Nicaragua, Panama, Africa, Cuba, Iran, Papua New Guinea, Solomon Islands, India, Vietnam, and Afghanistan. As a member of disaster medical assistance teams, our honoree responded to Ground Zero after 9/11 and to the needs presented by Hurricane Katrina.

This honoree currently serves as Vice-Dean for Academic Affairs and Professor in the Department of Emergency Medicine at Loma Linda University School of Medicine. She is loved by her students and respected by her colleagues.

To watch a short video about Dr. Thomas visit: www.thecentralline.llusmaa.org/apc-2014-thomas



Dr. W. John Wilbur '76-B

After graduating from Pacific Union College with a degree in mathematics, **Dr. W. John Wilbur '76-B** planned to have a long career in teaching. He was granted a University Fellowship from University of California, Davis where he received his PhD in pure mathematics. After teaching for six years, Dr. Wilbur was inspired to reconsider an earlier interest he'd had in medical research. He applied to medical school and was accepted for the following year.

During medical school, Dr. Wilbur worked at the Loma Linda University Center for Perinatal Biology with many inspiring researchers. He completed a residency in internal medicine, after which he was granted a fellowship by the National Institute of Health in the Mathematical Research Branch of the National Institute of Arthritis, Diabetes, Digestive and Kidney Diseases. During those three years, he worked with his colleagues to develop the first rapid search technique for discovering similarities between DNA sequences and sequence homologies between proteins.

At the end of the fellowship, Dr. Wilbur worked for five years in emergency medicine at the Washington Adventist Hospital in Maryland before accepting a research position at the National Center for Biotechnology Information where he works today as a Senior Investigator in the Computational Biology Branch of the Center. Since 2004, Dr. Wilbur has been a co-organizer of the international BioCreative Workshop series.

He and his wife Bonnie lead a life enriched by a variety of hobbies including traveling, gardening, grinding their own wheat for baking, servicing their local church, and spending time with their children and grandchildren.

To watch a short video about Dr. Wilbur visit: www.thecentralline.llusmaa.org/apc-2014-wilbur



Presidential Award

Dr. Jeffrey D. Cao '71

The Iner Sheld-Richie Presidential Award is granted to an individual of exemplary character and has a commitment to the vision and mission of the Alumni Association. This individual captures and enriches the heritage of the School of Medicine and its Alumni Association. This recipient has reached beyond the limits and safety of tradition to see what should be, while remembering and honoring our history.

On Saturday night, the 2014 Iner Sheld-Richie Presidential Award was presented to **Dr. Jeffrey Cao '71**—professor, pathologist and friend to many—whose love for the Alumni Association and for students has compelled him to serve on the Alumni Association's Student Affairs Council since 1994 and also as the Association president in 2005. His mission has been to show students that the Alumni Association cares about them because they are our future alumni. In 2013, as commencement speaker to the graduating class Dr. Cao asked the students, "Who loves you?" They shouted back, "The Alumni Association!"

Dr. Cao keeps an open-door policy, gives his personal phone number to students, advocates for students on academic probation, and has been known to pay for students' needs out of his own pocket. On several occasions, he has written personal letters to key alumni on behalf of the Alumni Association Student Affairs Council requesting funds to meet students' needs. Because of his rapport with students and alumni, the responses have consistently exceeded expectations.

In 1997, as our honoree was undergoing chemotherapy treatment, over 60 medical students gathered one morning to cut and shave their hair in support of their beloved professor. Many students donated funds to the Ronald McDonald House at that time—a moving expression of their appreciation and respect. In 1999, the students honored him with the Teacher of the Year Award.

To watch a video about Dr. Cao visit: www.thecentralline.llusmaa.org/apc-2014-cao



▲ In 1997, 60 medical students cut and shaved their hair to support their beloved professor Dr. Jeffrey Cao as he underwent chemotherapy.



▲ **Dr. Mickey Ask '79** presents Dr. Cao with the Iner Sheld-Richie Presidential Award on behalf of the Alumni Association.

For the Children of Ukraine

Alumnus of the Year's 19-Year Effort

By Emily Star Wilkens

In 1932, in a cabin on the bank of Canada's North Saskatchewan River, our 2014 Alumnus of the Year, **Dr. John Elloway '64** was born to a Belarusian father and a Ukrainian mother—immigrants from Eastern Europe. He and his eight siblings grew up on a farm with no electricity, no telephone, and little money. Although the one-room school in town posed its challenges, the children's parents, who had only completed primary school themselves, made education and faith the highest priorities for their children.

In 1952, Dr. Elloway's 19-year old sister was killed in an automobile accident. Only two weeks later, his mother died of a sudden pulmonary embolism. The double tragedy could have shattered and derailed the children completely, but instead they responded with a commitment to remember their mother's desire for them to "go to school, love God, serve man." All nine children finished college and professional school.

After graduating from medical school, Dr. Elloway settled into a busy family medicine practice in Novato, California with his wife Mary Ann and their three sons. As he treated patients, he became passionate about preventive medicine. He was concerned about the hazards of a high-protein diet, and he completed a public health degree at Loma Linda University. Although many of his colleagues couldn't see the value of the degree at the time, Dr. Elloway continued to follow his passion, and was elected to the College of Preventive Medicine. Aside from his commitments to a busy medical practice, our awardee became actively involved in his community, facilitating and supporting the construction of the Novato Seventh-day Adventist Church and serving as a vibrant member and eventually the president of the Novato Rotary Club.

In 1992, Dr. Elloway received a call from Loma Linda University that would be the beginning of a 19-year journey. A team from Loma Linda was planning an exploratory medical mission to the Ukraine, and because he knew the language and culture, he was asked to join them. After the breakup of the Soviet Union, little had been documented about the state of health in the newly liberated countries. Those planning the trip hoped to learn more about the country's health-care needs.

Dr. Elloway at first declined the invitation. It would be cold in November when the trip was scheduled and

he thought it might be difficult to find someone to cover his practice for an extended amount of time. But after a few days of feeling impressed that he should go, he called them back and changed his answer.

As the group visited the hospitals and clinics in Lviv Oblast, they were shocked by the outdated equipment and facilities and at the way patients were housed sometimes ten to a room. While those needs were glaring, when asked what the greatest need was, the Ukrainian physicians' answer surprised the group. "We need vaccines," they said.

In the early 1900s, poliovirus had the world living in fear; it arrived in epidemics and left people of all nations



▲ Dr. Elloway, a preventive medicine physician and our 2014 alumnus of the year, was an avid runner, completing many 10k races.

and ages disabled, paralyzed or dead in its wake. Although polio vaccine became available in the 1950s, surveys in the 1970s continued to reveal that world would benefit from national immunizations programs, which were slowly implemented over the next few decades. However, the fact-finding mission to the Ukraine revealed that although immunizations were required for school-going children in the country, many of the vaccines were poorly manufactured and were making the children ill. As a result, pediatricians were discouraging mothers from immunizing their children. The doctors were giving injections of sterile water instead in order to fulfill the requirement. The authorities asked Dr. Elloway to help them find quality vaccines with which they could immunize their children against these diseases.

Upon returning to California, our honoree took the request to the Rotary Club of Novato. Rotary agreed to help and Dr. Elloway became the project manager for the "Ukraine Immunization Project." As manager, he arranged for 160,000 doses of oral vaccine and 150,000 syringes of injectable vaccine to be donated and delivered to Lviv Oblast. He set up a "cold chain" to deliver them securely over each cultural, political and logistical hurdle that arose in the process. Dr. Elloway helped administer the first "Immunization Days for Ukraine"—an event attended by the Ukraine's president. In working with the Ukraine National Health Department, and as a result of more than 30 return trips, Dr. Elloway served as a driving force behind the country's advancements in preventive care and the immunization of over four million children.

Dr. Elloway has received many awards from Rotary International and other organizations grateful for his contributions, but in 2008 he was awarded one of the most exclusive worldwide awards given by Rotary—the International Service Award for a Polio-Free World recognizing his 19-year effort to eradicate the disease. His passion for education and preventive medicine has opened the doors to teach thousands of medical professionals in the Ukraine, Russia, Kyrgyzstan, Georgia, Tajikistan, the Philippines and the United States. Dr. Elloway has practiced family and lifestyle medicine for 49 years.

In his response to being awarded the 2014 Alumnus of the Year award at the 2014 APC Gala, Dr. Elloway said, "It's not about us—it never is," words intended to re-direct the glory to the Creator whom he believes always goes before us. Dr. Elloway's winding life path is a testament to the fact that a lifetime is but a series of opportunities that, when seized, can change one or even millions of fellow human lives for the better. ■

To watch a video about Dr. Elloway visit:

www.thecentralline.ilusmaa.org/apc-2014-elloway



▲ Dr. Elloway, along with his fellow Rotarians, arranged the shipment of supplies and medical equipment via large sea-going containers to several medical universities in the Ukraine to be distributed by Rotary medical staff.



▲ In 1996, the first efforts of Dr. Elloway and Rotary International, allowed the country to hold its first "Immunization Days for Ukraine." President Kuchma (featured in photo) attended to show his support. The initiative resulted in the vaccination of four million children.



▲ Dr. Elloway is passionate about the importance of lifestyle modification in addition to medical management to prevent the arterial diseases that are responsible for many chronic eye, kidney, brain, and heart illnesses.



“The reason we race isn’t so much to beat each other, but to be with each other.”

—Christopher McDougall
Born to Run

Inspired Steps

Marathons and Medicine

By Emily Star Wilkens

It’s no surprise to find among Loma Linda University School of Medicine alumni many individuals who have completed one or more full-length marathons. Medical school and the marathon both take a participant beyond what they believed themselves physically and mentally capable of. Jon Krakauer,

in his bestselling book *Into the Wild*, writes, “As I formulated my plan to climb The Thumb [a remote Alaskan mountain], I was dimly aware that I might be getting in over my head. But that only added to the scheme’s appeal. That it wouldn’t be easy was the whole point.”

For those of you who went into medicine, as well as for those who supported a spouse through the arduous journey, the challenge of those four years was probably not the point of your pursuit. But, you accepted the challenges—the late nights, tight budgets, and limited leisure time—as part of the path to your passion, pleasure and calling. That knowledge kept you from taking

another more instantly gratifying road. It compelled you to enroll in what physicians and marathon runners both know as training.

But why do humans choose to run? And why do we race? And what about the long road is so satisfying? The answers to those questions are as varied as the individuals we met, and the places in which we met them. From the orange groves of Redlands, California to the foggy coast of Lincoln City, Oregon, to the deep south of Athens, Georgia and back around to golden hour in the Loma Linda hills, our alumni are running inspiring paths. They are taking what, for this piece’s purpose, we will call *Inspired Steps*.

Dr. Karl Ordelleide '76-A

Marathons: 4

Personal Record:

3:15, Portland Marathon 1995

Training Pace: 8:30 min/mile



Bobbi Ordelleide, RN

Marathons: 6

Personal Record:

3:32, Portland Marathon 1995

Training Pace: 8:30 min/mile

Dr. Karl Ordelleide '76-A Internal Medicine

Dr. Karl Ordelleide '76-A first noticed a petite nurse named Bobbi because of the superior way she handled her skis on the terrain of Spout Springs ski hill. Bobbi, however, hadn't noticed Karl until he jumped onto the chairlift next to her, his face bloodied from a cut on his nose inflicted by the sharp edge of his goggles after he'd been pressed face first into a snow bank. It was an unlikely start to their 40 years of marriage, their family of four children, and to a fierce mutual fondness for running—especially for running together.

Dr. Ordelleide stands a tall six-foot-four and inhabits a slim frame with lanky limbs that afford him the advantage of a long stride. Although Bobbi's build carries her a shorter distance per step, all five-feet and four inches of her is built like a marathon runner—slim, wiry and strong.

In 1980, after Dr. Ordelleide had completed his residency in internal medicine, the couple moved to Lincoln City, Oregon. Quickly they discovered a vast array of differing terrains around the coastal town: seven miles of firm flat beach in the city limits, minimally-trafficked hilly streets, country roads meandering along the Siletz and Salmon rivers, logging roads, single track foot trails and of course Highway 101. It was and is a runner's playground.

*The Ordelleides now also enjoy cheering on their four grown children, Andrew, Albert, Arthur, and **Alison Ordelleide '13**, in their various athletic endeavors.*

For the past 34 years the pair has been getting out the door at least six days per week somewhere between five and six a.m.—rain or shine—to run four miles. On weekends they log higher mileage, even running the 20+ miles up the coast to Oceanside where a friend has agreed to pick them up. "I try to see running like brushing my teeth," says Dr. Ordelleide. The act of running isn't a decision anymore—it's become a lifestyle. It's how their day begins.

Lifestyle medicine has captured Dr. Ordelleide's imagination in the last few years. "Running has served me during dark periods of my life. Vigorous exercise always makes things seem better." He finds even the accompanying muscle discomfort to be what C.S. Lewis refers to as a "good" pain. "Running trains the mind at least as much as it trains the muscles." If he has persisted through his morning run, Dr. Ordelleide says it is easier to finish daily tasks that require more than the usual amount of resolve.

"Running trains the mind at least as much as it trains the muscles."

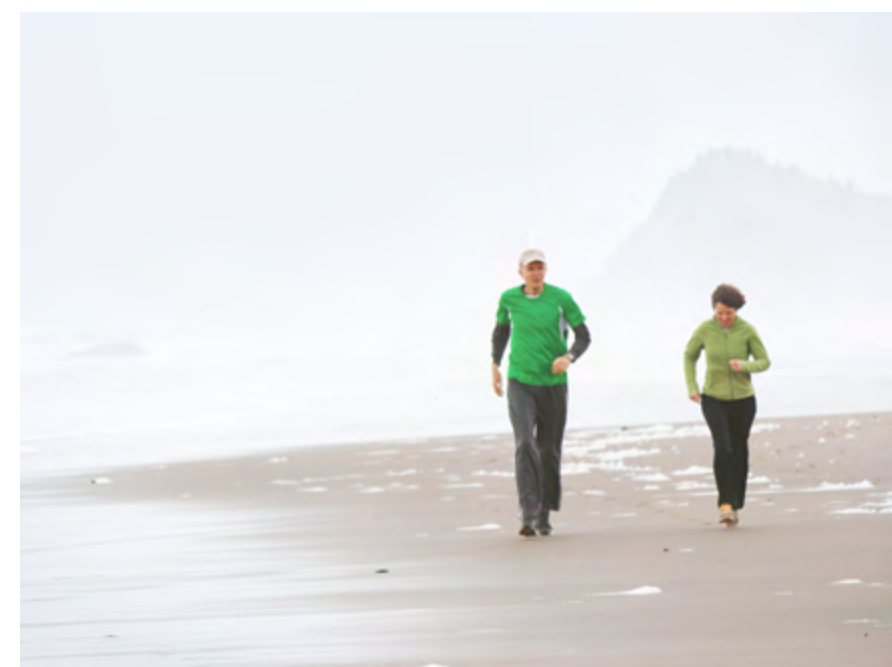
When the Ordelleides began training for their first marathon, distance required a new kind of mental stamina. After their first 20 mile run, Dr. Ordelleide turned to Bobbi and said, "Don't ever let me do that again." But what draws a runner to push their mileage up in the 20's varies from athlete to athlete and Dr. Ordelleide says that for him, "What is so thrilling and humbling about a marathon is to think that one's legs can still be running at the finish line."

"We were created to move..."

The pair's favorite route begins out their back door and winds the nine-miles around the lake beside their house. The route weaves through forests, a bird-friendly marshland, takes a short detour through a golf course, traces residential streets and even offers a shortcut in the event that a runner finds himself hobbled by blisters: a quarter-mile swim home across the lake.

"We were created to move," Bobbi says. And so as a way to celebrate the mobile frames they live in, the two continue to run—nearly every day, as a lifestyle.

When the Ordelleides moved to Lincoln City, Oregon in 1980, they discovered a vast array of differing terrains including seven miles of firm flat beaches.



Dr. Bonnie Chi-Lum '91 Preventive Medicine

If you were to ask any of the half of a dozen women in **Dr. Bonnie Chi-Lum's '91** Sunday morning running group why they run, most would respond, "Because we love to eat!" Food as fuel is the bread and butter equation for marathon runners. While the average person may experience lower energy

levels when they don't eat well, they might brush it off as a long day at work or simply the need of a nap. But if you're a runner (and especially if you're training for 26.2 miles), you become acutely aware of what your body needs and what it runs on best. The body is no longer seen as a shell to be kept up from the outside; it's a precious, living machine to be nurtured and known even at a cellular level. "Running puts you in tune with yourself," says Dr. Chi-Lum. "It's like a check-up—you'll know if something is out of whack."

Dr. Chi-Lum's running group meets every Sunday morning to run anywhere from 6-10 miles. From left to right: Nanette Pittenger, Chrissy Evangelista, Memrose Atiga, Hannah Li, Dr. Bonnie Chi-Lum, Linda Blair, Eunice Im, Janet Edelbach, Marjorie Akamine



Dr. Chi-Lum is a Loma Linda University School of Medicine preventive medicine professor, a field she became interested in during her first residency in internal medicine. Every day it felt like she was simply treating symptoms and responding to abnormal lab results. She discovered that most of her patients didn't know the cause of their illness or the preventive approach to staying well. "When you look at the actual causes of death in the United States, smoking is number one and poor diet and insufficient exercise is number two."

But if something as simple as exercise could improve our health in life-saving ways, why is it so hard to make it a priority? Dr. Chi-Lum articulates the feeling well: "You're kind of like a little ship floating out there; you know it's important but you don't have an anchor." So how do we find an anchor?

"I think a big part of running, especially for women, is the social component. You're that much more apt to be committed."

Dr. Chi-Lum says that the anchor for her is a half dozen women expecting her to show up on Sunday mornings. "I think a big part of running, especially for women it seems, is the social component. You're that much more apt to be committed." The group runs anywhere from 6-10 miles and Dr. Chi-Lum says, "It's a time to vent, to communicate, and to commune."

Dr. Chi-Lum's classmate **Dr. Sylvia Beamesderfer '91**, a more experienced runner, agreed to run Dr. Chi-Lum's first marathon with her. The two ran the Disneyworld Marathon in 5:17. "When you're doing a long distance, it's helpful to have someone who is your coach or friend running with you. It gives a sense of security," she said.

Often in class, Dr. Chi-Lum shares pictures and thoughts on running with her students as a way of encouraging them to stay balanced in spite of their busy schedules. She also offers running as a metaphor of encouragement: "For medical students in their second year, it can feel like they are running a marathon, or even two at the same time, because they're learning new material and also having to review things they learned in their first year." While the process of training and putting the time in doesn't always feel good, once you pass Step 1 boards, once you complete the marathon, you are able to catch your breath and a deep sense of accomplishment washes over you. You find a true appreciation for the miles you've run.

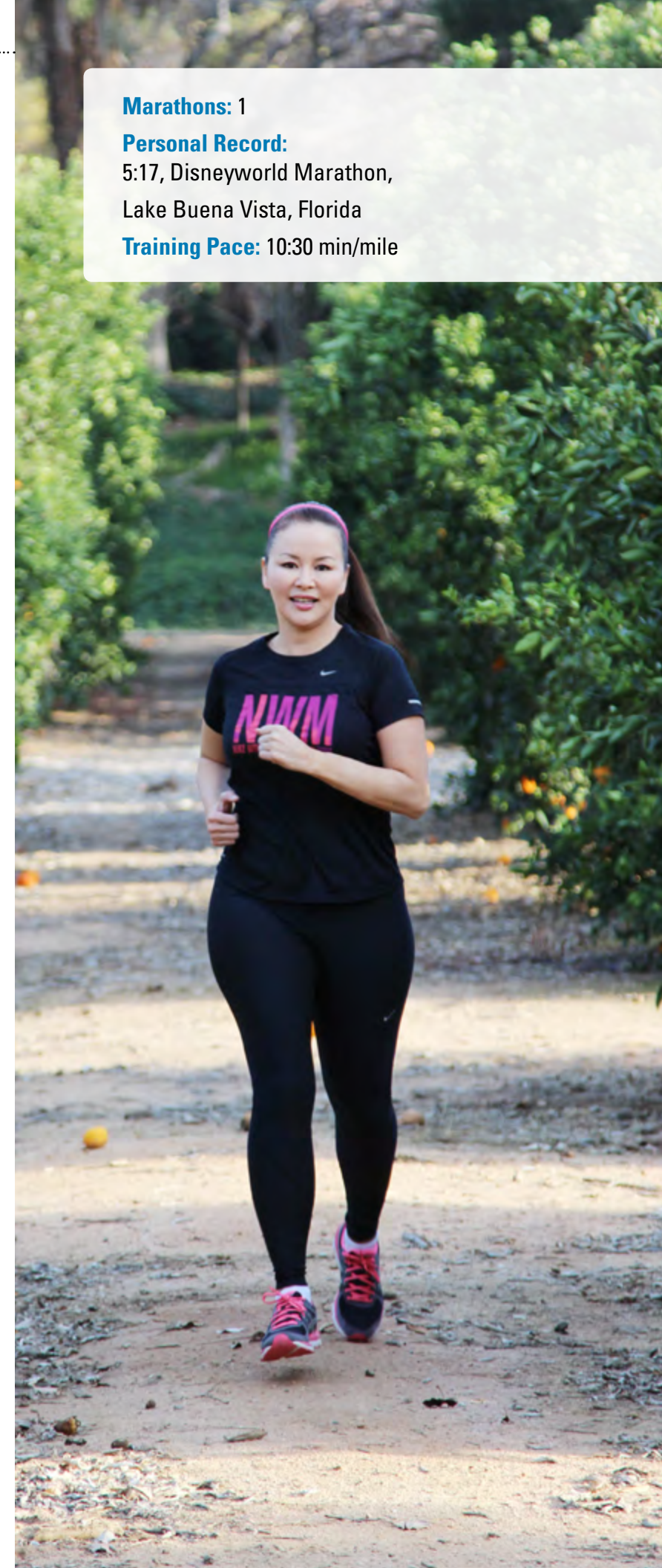
Although Dr. Bonnie Chi-Lum has completed just one full-length marathon, she has finished 14 half-marathons and plans to run the LA marathon next year as well as complete the Long Beach Duathlon this year.

Marathons: 1

Personal Record:

5:17, Disneyworld Marathon,
Lake Buena Vista, Florida

Training Pace: 10:30 min/mile



Dr. Jonathan Fass '97 Dermatology

Before sun-up in Boston on a day that would hold both tremendous tragedy and heroism, **Dr. Jonathan Fass '97** trudged downstairs to the hotel treadmill. He'd planned to run his sixth Boston Marathon, but had pushed too hard during training and ended up hobbled by pain in his hamstring. He and his wife had already purchased plane tickets though, so they traveled to Boston anyway to cheer their friends on.

Dr. Fass had awakened that morning with a faint hope that perhaps he could at least walk the race. After a test mile on the treadmill, he went back upstairs to optimistically inform his wife that his leg felt okay so he was going to do the race. But a marathon and a mile are different beasts to a body. "One thing I've learned," he says, "especially after turning 40, is that one needs to listen to one's body." A few minutes later, more prudent thoughts returned and he once again surrendered to watching the 2013 Boston Marathon from the sidelines.

Dr. Fass started marathon training in order to lose the weight he'd gained during medical school and residency.

He finished his first marathon in Austin, Texas in 2000 with a time of 4:06. "Three hours after the race, when I realized I wasn't going to die, I made it a goal to qualify for and run the Boston Marathon," he says. It took him 22 more races, but in 2005 he finished the New Jersey Shore marathon in 3:03, qualifying him to run the iconic Boston race.

"The course—it teases you," Dr. Fass says of the oldest continuously running marathon in history. "The first sixteen miles are flat and often downhill. But then, for five miles, the hills roll under you—up and down—until at mile 20, you hit the famous Heartbreak Hill." If you are still on your feet at that point, the remaining miles are downhill and lined with the thick and encouraging energy of the crowds cheering you to the finish.

After watching friends finish the race, the Fasses left to find food. They'd walked a few blocks when they heard a loud sound, but dismissed it as construction noise. It wasn't until they'd reached the café and a friend called to ask if they were okay that Dr. Fass learned how twin bombs, fashioned out of pressure cookers and packed with ball bearings, nails, and scraps of metal, had ripped through the crowd at the finish. "We'd left the finish line just 12 minutes before the bombs went off," Dr. Fass says in humble gratitude mixed with horror. "I made the mistake of looking at pictures and seeing how barbaric it was. I didn't sleep well for a week." The bombs took three lives instantly, injured more than 260 people, and left 16 to face a future without one or more of their limbs.

"We'd left the finish line just 12 minutes before the bombs went off."

But what grows out of an atrocious tragedy like this? What happens to a collective spirit when some of its members are crushed? A few days after the explosions, Dr. Fass went online to reserve a hotel room for the Boston 2014 race, but the rooms were already sold out. Runners everywhere had planned to come back to join in solidarity with those who had suffered.

Dr. Fass is one of those people who can't bear to give up on a goal. He is also one who sets goals that extend to the very fringe of possibility—things very difficult to accomplish.

After achieving his goal of qualifying for and running Boston, Dr. Fass set his sights on the goal of finishing a marathon under three hours. In 2011 he ran a 3:00:37—one water stop shy of the goal time. He continued to train and race, finishing seven marathons with times between 3:00 and 3:02. Dr. Fass says, "I don't think I'm a great athlete; I think I'm disciplined and dedicated and I try until my last breath." Finally, in October of 2013, he achieved his goal by finishing the St. George Utah Marathon in 2:57:51.

There at the finish line, he was reminded of professional tennis player Vitas Gerulaitis who lost to his opponent Jimmy Connors 16 consecutive matches before finally taking a win. On that victorious day, Gerulaitis famously said, "Nobody beats Vitas Gerulaitis 17 times in a row!" And so, with similar sentiments, Dr. Fass crossed the finish line in under three hours, and posted to Facebook, "Nobody beats Jonathan Fass 56 times in a row!"

To watch an interview with Dr. Jonathan Fass visit our website at: www.ilusmaa.org/themarathonrunner.

As a dermatologist, Dr. Fass makes a point to run under the net of shadows cast by a tree-leaf canopy. Sunscreen, eyewear, and proper clothing attire are all tools for protecting against sun exposure.



▲ Dr. Jonathan Fass trains in an area called Crystal Hills in Athens, Georgia. He says the area's beauty provides a welcome distraction from any fatigue or pain he might experience during a run.



▲ Dr. Fass has run 56 marathons so far, and his collection of medals is a colorful reminder of the work and determination that has gone into his journey.



Marathons: 56

Personal Record:

2:57:51, St. George Marathon, Utah

Training Pace: 7:30 min/mile

Marathons: 1

Personal Record: Finished!

Training Pace: 9:00 min/mile

Dr. Cameo Carter '03 Pediatrics

Most physicians have experienced patches of time in what **Dr. Cameo Carter '03** calls “survival mode”. The task of pushing multiple balls forward at once (education, family, career, finance, faith, health, and service) sends many individuals on a lifelong quest for balance.

Dr. Carter somehow made it through medical school and pediatrics residency while simultaneously bringing three little boys into the world—a feat that would send anyone into survival mode. But survival, by definition, only promises a kind of “continued existence” in the face of difficulties, and when her youngest son was two years old, Dr. Carter wanted more than survival. “My friend and I were feeling frumpy and exhausted all the time. We’d focused on starting our families and on building our careers, but we were tired of being out of shape.” The two decided to start walking, which led to jogging, and eventually running.

As she tacked on miles, she discovered a love for long-distance: locking and loading at a set pace, focusing only on the step in front of her. “I tend to be very future-oriented. I’m constantly setting goals of what needs to be done next in my family and practice.” But running countered her futuristic focus, gathered her attention, and placed it on the moment at hand. “Sometimes it’s just my heart beating, my blood flowing. Sometimes it’s just the agony of making it up a hill, just each step I make. That’s what I love about a long run—all you’ve got is the present.”

Dr. Carter ran close to a dozen half-marathons over those next four years. People often asked, “So when are you going to do a full?”—a question that frustrated her. She thought, “Well, hey, it’s thirteen miles—that’s pretty

◀ Although Dr. Carter has just completed one full-length marathon, she has completed 12 half-marathons with a personal record time of 1:53.

good!” She wanted to tell them, “You’re a legit runner if running is a part of your life—no matter the speed or distance!” And so she continued running halves.

Over the years, Brett watched his wife’s life change as a result of running: she had more energy, fed their family better, and thrived in a community of runners. Inspired, he began running with her. Before long, he set the goal of finishing a full marathon by his 41st birthday. Dr. Carter

“I really like this time, Mom. I just get to talk to you and there’s nobody else around. We can have conversations about whatever.”

Running, for the Carters, is a way of prioritizing life. Dr. Carter says, “Physicians in general are used to performing with little sleep. Even though we preach to our patients about getting enough, we’re used to pushing ourselves.” The logic that if you sleep less, you can achieve

▼ Dr. Cameo Carter, her husband Brett Walls, their dog Toby, and their three sons Aidan (11), Owen (7), and Morgan (8) are ready for a sprint on the ridge of the Loma Linda hills.



thought, “Wait—I’m the runner! You can’t be doing that!” Not wanting to be left behind, they decided to do their first marathon together.

Four weeks before the race, Brett began feeling twinges of pain in his leg and a week before, during a test run, he was forced to walk only .2 miles in. Dr. Carter suggested that they both wait and do it once the injury had healed. But Brett was turning 41 and wanted to meet his goal.

“He did amazingly until mile 13,” Dr. Carter says remembering the race, “...and then deconditioning and pain set in.” They walked and jogged, pacing themselves to manage the pain. Brett told Dr. Carter to go ahead, but she said, “No, let’s stay together.”

At mile 21, Brett called his dad and asked him to bring him an egg salad sandwich. Dr. Carter smiles and says, “I lost my composure at that point and took a picture of him and the sandwich to send to my running friends—‘This is what I am dealing with!’” Dr. Carter smiles sheepishly and says, “I should have been more supportive—he was in a lot of pain.” The race is a fond memory now. As the saying goes—a bit of miserable is usually memorable.

Dr. Carter’s sons are already racing in 1-mile fun runs. “They’re very competitive, so I try to do short runs with each of them individually.” The youngest recently told her,

“Sometimes it’s just my heart beating, my blood flowing. Sometimes it’s just the agony of making it up a hill, just each step I make. That’s what I love about a long run—all you’ve got is the present.”

more always breaks down, and running forces a person to listen to what the body needs. Dr. Carter adds, “I like the example it sets for our kids. They see that, oh, this is how our parents socialize—they go for a run or bike ride with their friends.”

Dr. Carter says that she and Brett will probably do another full marathon someday, but that for now, she’s sticking with the half. It’s a distance she can train for and not feel like she is depriving her family of her presence. As she approaches her 40th birthday, Dr. Carter feels stronger than she ever has. “I have three boys and energy to keep up with them.” She says it’s a strength determined not only by the kind of shape she’s in, but also by the knowledge of her self that has come with age. If a lifetime is really but a long-distance run, it seems the best way to travel is with those we love—staying together, running alongside.



▲ Dr. McGhee is 67 years old, still practicing medicine, and still running five miles every morning.



▲ When counseling patients, Dr. McGhee addresses diet with each of his patients. Knowing that some of the medications he prescribes can cause weight gain in patients, Dr. McGhee feels it is that much more his responsibility to encourage them in a consistent exercise routine.



▲ In 1996, Dr. McGhee and his wife Julie made the voyage via ship to Antarctica where Dr. McGhee completed the Antarctica marathon. Photo courtesy of: Louise Wholey.

Dr. Bill McGhee '72 Psychiatry

In 1999, **Dr. Bill McGhee '72** and his wife Julie woke up in the belly of a Russian biological research ship bound for Antarctica where 143 runners from 17 different countries would meet to run either the Antarctica Half or Full Marathon. The race had been established a few years earlier, making it possible for runners to complete a marathon on each of earth's seven continents.

On the morning of the race, Dr. McGhee untangled his six-foot body from its mummified-wrap of white blankets and pulled on the running ensemble he'd laid out the night before: a hat, gloves, two sets of long-underwear, a water-repellent running suit and a set of warm socks under his Brooks Beast running shoes.

The course had two loops. The first began at the Uruguay field station, ran down the rocky beach to the base of a glacier, and then up its mile-long, steep and slushy face. Runners then had to turn around and slip their way back down the ice, across the beach to the spot they'd begun. The second loop wound down a series of muddy trails, over streams of glacial run-off, past the Russian, Chilean, and Chinese field stations and then on to the finish line. Once the runners completed both loops twice, they'd finished the Antarctica Marathon.

Julie met Dr. McGhee at a couple of points on the run—once to give him a dry pair of shoes (a recommendation to runners after the slushy glacial decent) and another to hand him a mildly warm cup of soup and a sandwich as fuel.

At the finish line, Julie waited as shipmates, much slower runners than her husband, began trickling in. By 4:00 p.m., she began to worry that maybe he'd sprained his ankle. But soon, Dr. McGhee appeared in the distance, calm and happy, chatting alongside a friend he'd made during the race. He finished with a time of 6:48:45—his slowest race. "I'm still embarrassed about the time," he says sheepishly with a remembering kind of laughter, explaining the reason for the slow time, "You see—we stopped to go shopping at the Chinese field station."

Dr. McGhee has finished marathons on every continent: Curitiba, Brazil; Athens, Greece; Manila, Philippines; Luxor, Egypt; Alice Springs, Australia; and a host of marathons in the United States including two times racing the Boston Marathon. "Running simply takes a matter of cussedness to keep at it," says Dr. McGhee. At the age of 67 he continues to counsel his patients on the importance of exercise in maintaining good mental health. Like the best doctors do, he practices what he preaches by running five miles every morning.

"In order to keep going, I just 'kick' myself and say, 'You know you have a few more miles in you!'"

Some runners say that marathon running isn't a cutthroat competition at all. It's primarily a competition with one's self. And perhaps, if you are in Antarctica and the backs of whales and glaciers are rising out of water like mountains; and if there are seals sliding up onto the banks to look at you with their glassy eyes; and if you are running in a pack of humans with the same passion and dream—perhaps then, in the midst of an experience like that, even the competition with self fades. Perhaps then, when the climate is particularly beautiful, the task is to be attentive and grateful—to fully take in all 26.2 miles of your road. ■



▲ Dr. McGhee gets suited up for the Antarctica marathon.

Dr. McGhee thinks that running serves as the most time-efficient way to get the exercise he believes is necessary for a healthy lifestyle. ►



Marathons: 25

Personal Record: 3:24, Las Vegas 1989

Training Pace: 8:50 min/mile



▲ Dr. Penner provides wheelbarrow rides, merging two of the most important activities on visits to New Start: construction work to improve the facilities and spending quality time with the children.

A New Start for Orphans in Zimbabwe

Classmates and brothers-in-law **Dr. Rick Westermeyer '83** and **Dr. Greg Penner '83** play an active role in supporting New Start Children's Home

By Kristina Benfield

Since 1998, **Dr. Greg Penner '83** and **Dr. Rick Westermeyer '83** have made regular treks to Harare, Zimbabwe to support New Start Children's Home. Dr. Penner and Dr. Westermeyer are married to sisters Mary and Ann, respectively, whose parents Grace and **Saleem Farag, PhD '69-hon** founded and currently operate New Start. In 1998, Dr. Farag retired from service to the Seventh-day Adventist East Africa Division in Zimbabwe after decades of service in health and wellness ministries in the United States and Africa. Dr. and Mrs. Farag planned to return to the United States, but before their departure, they met a family of 10 children orphaned by AIDS. Not feeling that they could leave the children to live on the streets, the Farags believed that God was calling them to stay in Zimbabwe to help them. And so, New Start Children's Home was founded. Since then, the Farags have taken in over 100 children.

The majority of these children's parents died as a result of AIDS. However, in the last few years, New Start has opened a nursery and now accepts abandoned babies, as well. In the midst of all the challenges of life in Zimbabwe, New Start provides a stable, warm, and loving home for these children who might not otherwise have one.

Dr. Penner and Dr. Westermeyer, along with their families, travel regularly (on average, every one to two

years, though more frequently in recent years) to Harare to support the Children's Home and help out in any way they can.

During their trips to New Start, the Penners and Westermeyers work on various projects, ranging from development and support of the New Start Clinic to construction and maintenance projects, to educational improvements for the children, to agricultural development.

In November 2013, a total of eleven volunteers, including the Penner and Westermeyer families, visited New Start Children's Home.

The most time-sensitive of their goals was to prepare for the opening of a new primary school in January 2014. Quality education is crucial to an individual's future in Zimbabwe, because only the highest achieving students are given the opportunity to advance to secondary school and college. New Start is located next door to a Seventh-day-Adventist-owned primary school that is currently operated

Additional Volunteers

Over the years, several LLUSM alumni and students have volunteered at New Start Children's Home, including:

Norm Coon '72
Bruce Douglas '81
Ron Franzke '65
Barry Howe '14
John Howe '16
Tim Howe '82
Daniel Patchin '66
David Penner '10
Greg Penner '83
Allison Sturtevant '98
Rick Westermeyer '83

largely by the Zimbabwean government. This arrangement makes it difficult to maintain high academic standards and a Christian environment. For this reason, the Farags decided to open a new school for local Christian families looking for quality education. Priorities for the volunteers on this particular trip included refurbishing existing classrooms, interviewing teachers, holding an open house for parents of prospective students, establishing an operating budget for the school, and working with an American architect to make a long-term plan for the campus.

Another goal on this trip was to expand agricultural capabilities. Located on 20 acres of land, New Start has a farm, on which the children and staff are able to grow onions, tomatoes, corn, and many other crops. The farm produces food for the children as well as provides additional income to keep the home open. During their time at New Start in November, Dr. Penner led staff and volunteers in building a greenhouse to raise better crops.

No matter how many things need to be done during their limited time at New Start, the Westermeyers and Penners always take time to talk and play with the children. "The most important goal is to interact with the kids to impact their future for eternity," says Dr. Westermeyer. During trips, volunteers take turns leading worship, helping out in study hall, and playing with the children. This allows them the opportunity to talk with students about their goals, values, and future.

After a successful November 2013 trip, Drs. Penner and Westermeyer already have plans to return to New Start twice more during 2014.

If you would like to learn more about New Start, please visit africaorphancare.org. ■



▲ Dr. Westermeyer takes some time out of planning and working to play soccer with the children.



▲ Dr. Farag leads evening worship for the younger children at New Start Children's Home. One of the immediate needs of the campus is a chapel because the current worship room has been outgrown.

▼ Dr. Penner and Dr. Westermeyer lead volunteers in building a green house to raise better produce for the children.



New Painting by Dr. Wesley Kime '53-A Unveiled



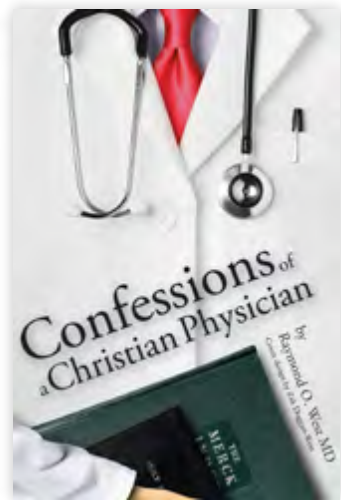
A new museum-sized painting by **Dr. Wesley Kime '53-A** was unveiled March 8, 2014 during the APC festivities. This painting was conceived as a bookend mate to a previous painting by Dr. Kime, "Four Doctors of CME" which he gave in 2007 during the LLU centennial celebrations.

The symbolism in these paintings commemorates and demonstrates the history of the School of Medicine. The first painting depicts the four founding doctors of CME, George Thomason, Percy T. Magan, Daniel D. Comstock, and Newton Evans who helped the fledgling School of Medicine become fully accredited.

The recently unveiled sequel painting, "Five Distinguished Professors of LLUSM" depicts five of the leaders of the second half-century of the school's existence. The five professors, **Dr. Stephen Ashwal '01-F**, **Dr. James Slater '63**, **Dr. Leonard Bailey '69**, **Dr. Lawrence Longo '54**, and **Dr. David Baylink '57** represent over 200 years of collective service. These professors have taught numerous medical and post-doctoral students and junior faculty, and are recognized for their commitment to excellence.

In the painting, reflections play on the timeless marble walls. There is a reflection of a set of doors opening to the world with sky and clouds in the distance. One can imagine there will be clouds of trouble and disappointment, but to the east the sky is clearing! ■

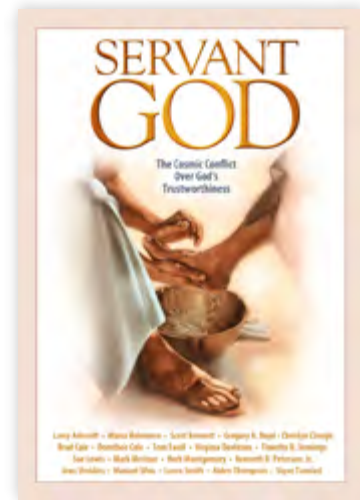
Books Authored by Alumni



Dr. Raymond West '52 wrote *Confessions of a Christian Physician*, a collection of short stories cataloguing his experiences and encounters with the sick, the worried, and the healthy throughout his career. Some have asked, "Does the Christian physician bring something special to the bedside?" Author Dr. Raymond West believes they do and hopes his belief is confirmed on each page.



Dr. Jerold Beeve '67 was horrified when he discovered that the lack of eye care in Fiji allowed many—even children—to become unnecessarily blind. In *Praying With My Eyes Wide Open*, Dr. Beeve shares his experience as a doctor on a long-term mission project that demanded he step out in faith and trust God to provide all that he needed. He's learned through the years to pray with his eyes wide open.



Dr. Sigve Tonstad '79-A, **Dr. Brad Cole '92** and **Dr. Dorothee Cole '94** are three of the 19 authors represented in *Servant God: The Cosmic Conflict Over God's Trustworthiness* which was recently published by Loma Linda University Press. Dr. Dorothee Cole also served as editor. This book brings together an eclectic group of theologians, evangelists, pastors, and lay Bible students to consider the issues surrounding the premise that God is just like Jesus in character.

If you are the author of a recent publication, please email a 300-word overview of the work to ewilkens@llu.edu. Publications featured do not necessarily represent the views or opinions of the School of Medicine or the Alumni Association. Inclusion of a work is left to the discretion of the Alumni Journal editorial staff.

Alumni Remembered

Dr. John Harvey Bowen '49 was born April 22, 1924 in Florence Mississippi and passed away on February, 16 2013 in Maryville, Tennessee. He is survived by his wife Dusty, and sons Hamilton and Jackson.

Dr. Wallace Chin '49 was born September 7, 1924 in Honolulu, Hawaii and passed away December 27, 2013 in Napa, California. He is survived by daughter Naomi and sons Donnie and Stephen.

Dr. Gordon P. Griggs '53 was born February 1, 1927, and passed away on December 25th, 2013. He is survived by his sons Brad, Brian and Bruce.

Dr. Kelly King '93 was born on September 15, 1963 in Los Angeles, California and passed away on Aug 29, 2013 in Redlands, California. He is survived by his wife Madeline, son Dakota, and daughter Katie.

Dr. James A. Littlefield '57 was born on October 31, 1931 in Concord Massachusetts and passed away March 12, 2013 in Windsor, Vermont. He is survived by his wife Joan Tilkens Littlefield and sons James Alan Jr. and John Holt Littlefield.

Dr. Dan C. Mills '52 was born January 29, 1925 in Memphis, TN and passed away October 30, 2013 in Memphis, Tennessee. He is survived by his wife Roberta and daughter Danyce.

Dr. Calmar Z. Nielson '64 was born December 28, 1923 in Denmark and passed away March 12, 2014 in Reno, Nevada. He is survived by his wife Marion and sons Kenn, **Dr. Jarl C. Nielsen '81**, Roy.

Dr. Jack Powell '47 was born on July 16, 1921 in Vienna, Georgia and passed away on February 9, 2014 in Brevard,

North Carolina. He is survived by his wife Mary Jo, daughters Lory Voth and Kathryn Allen, and son Rob.

Dr. Richard Julian Ralls '57 was born August 30, 1928 in Ohio and passed away on July 12, 2013 in San Clemente, California. He is survived by his wife Carol Alexandra, daughter **Dr. Julie Ralls '87**, and son Linus.

Dr. Lorna "Elaine" Shankel '58 was born January 7, 1932 in Glendale, California and died October 27, 2013 in Redlands, California. She is survived by her husband Stewart Wilson Shankel; daughter Martha Shankel Ward and sons Stewart, Jeffrey Shankel, and Theodore.

Dr. Sharon Waggoner '52 was born on October 23, 1921 in Dairyland, Wisconsin and passed away March 15, 2013 in Marion, Illinois. He is survived by his son John and daughter Marcella Waggoner-Hassen.

Claran H. Jesse '44-A was born in Nirada, Montana on November 24, 1916 and passed away at his home in Roseburg, Oregon on December 15, 2013. Dr. Jesse worked his way through Auburn Adventist Academy, staying on an additional year after graduation to pay off his tuition bill. Dr. Jesse went on to work his way through both Walla Walla College in Washington and medical school at the College of Medical Evangelists.

At one of his jobs in Orange County, California he met a young nursing student, Marjorie Andersen. Dr. Jesse and Marjorie were married on April 23, 1942. Following graduation, Dr. Jesse's did a one-year internship at Los Angeles County Hospital and a two-year residency in Orthopaedics. After residency, Dr. Jesse and his young family moved to Lincoln, Nebraska where he worked at the orthopaedic hospital for one year. From Lincoln, the family moved to Ardmore, Oklahoma where Dr. Jesse partnered with **Dr. A. W. Truman '08-aff** from 1949 to 1954.

In 1954, Dr. Jesse was asked to set up the Department of Orthopaedics at the Loma Linda Hospital. He remained at the Department of Orthopaedics as a member of the faculty until his retirement in 1979. Dr. Jesse was larger than life and was known for his compassion and care of his patients. He was also known for his colorful and outlandish ties, purple socks and for running non-stop from the basement to the seventh floor of LLUMC.

In 1995, the Neufeld Society named Dr. Jesse Orthopaedist of the Year and in 1996, Dr. Jesse was named one of the six honored alumni of the Alumni Association.

Survivors of Dr. Claran and Marjorie Jesse include: daughter Carol, son Dr. James Jesse, and son Claran Jesse as well as seven grandchildren and four great grandchildren.

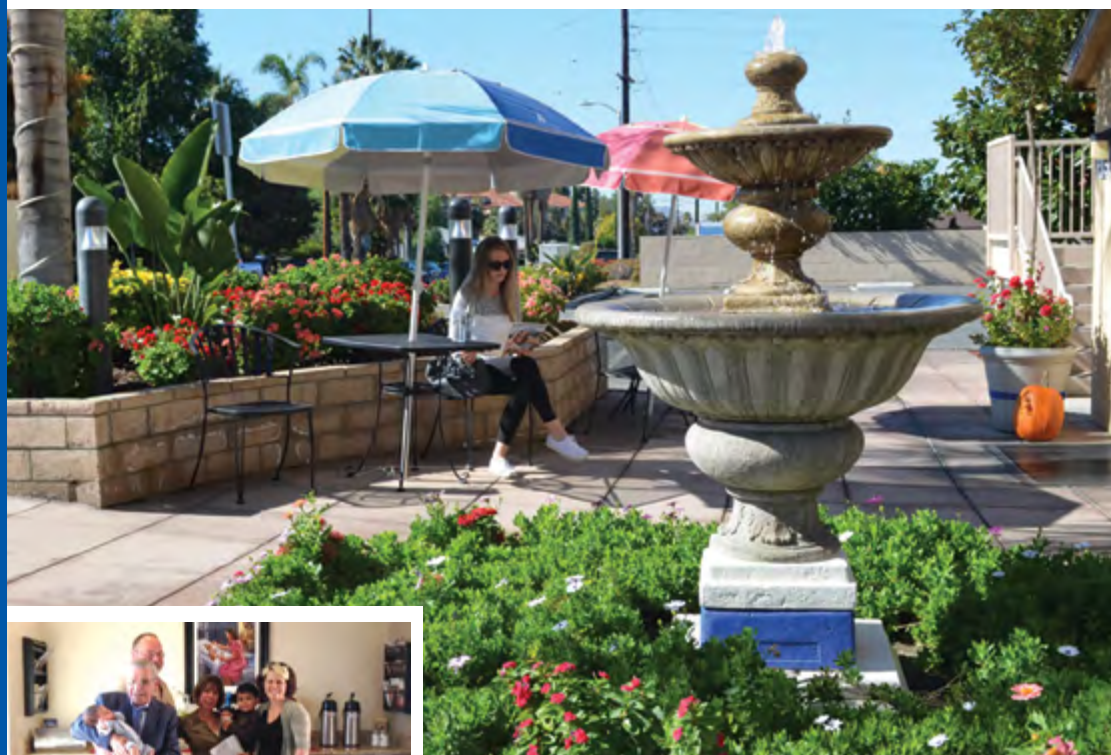
Due to limited space in the printed Alumni Journal, we are not able to print extended memorials for all deceased alumni. However, some extended versions along with photos are available at www.thecentralline.llusmaa.org. Please send obituary notifications for publication to Emily Wilkens at ewilkens@llu.edu or submit them online.



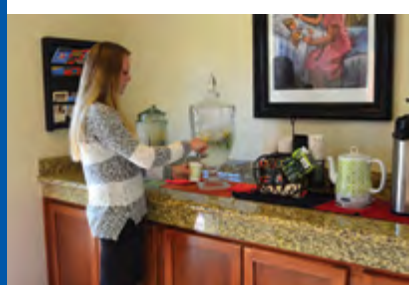
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An Alumni Fund Project



Raymond E. Ryckman

At the School of Medicine graduation, which was held on Sunday, May 25, 2008, Raymond E. Ryckman, PhD, received the University Distinguished Service Award from LLU President Richard H. Hart, MD, DrPH.

"I've just graduated from medical school, and I have so much debt!"
"We want to buy a home and start a family."
"My child starts college in four years." *"I want to retire soon."*

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Adventist Health is committed to sharing God’s love by providing physical, mental and spiritual healing. As a faith-based, not-for-profit health care delivery system, this mission is shared by each of the 19 hospital and over 150 clinics and outpatient facilities we own and manage in California, Oregon, Washington and Hawaii. To find out more about our current physician opportunities, contact Ryan Rasmusson, Director of Physician Recruitment, at (800) 847-9840, email phyjobs@ah.org or visit www.physiciancareers.ah.org.

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Display and Classified Advertising Opportunities

If you would like to place an advertisement in the next issue of the Alumni Journal, please contact Emily Wilkens at ewilkens@llu.edu.

Rates can also be found on our website at llusmaa.org.



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The Doctor's Kid

The experience of being a kid and going to the doctor is one most people can understand well. But what was it like to be the doctor's kid? How was it difficult, poignant, humorous or strange? The Alumni Association would like to hear your story and we would also like to explore the reverse perspective—what is it like to be both parent and physician? Did you deliver your children at birth? Did you treat them when they were ill? Did your children choose to follow in your footsteps to become physicians? Why or why not?

Please write in with your stories, philosophies and photos regarding any aspect of this topic which will be compiled in a future feature entitled, "The Doctor's Kid."



▲ **Dr. Morton Woolley '51**, Loma Linda School of Medicine's first graduate to specialize in pediatric surgery, holds an infant who is testing his newly discovered lung capacity. Dr. Woolley served 20 years as surgeon and chief of surgery at Los Angeles Children's Hospital, supervising all 10 surgical sections. In addition to the countless number of children Dr. Morton Woolley has cradled during his practice of medicine, he and his wife **Dr. E. Jane Woolley '54-aff** have three children of their own.



▲ Little Daryl Rusch (featured in photo), born to **Dr. Roy Rusch '65** and his wife Loretta during medical school, joins in the celebration of his father's graduation. Three more sons were born after Daryl which made for a busy, yet exciting experience for Dr. Rusch as he managed the duties of being both a parent and a physician. Sadly, tragedy struck during residency at the sudden death of their second son, a toddler, after his diagnosis of sarcoma. Although time and hard work brought healing, Dr. Rusch says that after the loss of his own child, he knew he could never work in pediatrics.

Please send submissions via e-mail to ewilkens@llu.edu or by mail to: LLUSM Alumni Association
11245 Anderson St., Suite 200
Loma Linda, CA 92354

Erwin Ponraj '04

Anesthesiology, Portland, OR



Among your friends and family, what are you famous for?

I am most famous for being a "foodie"—for finding the best restaurants and making elaborate meals from scratch. Luckily, I live in Portland, Oregon, one of America's best foodie cities! Italian food is one of my specialties. The process of making fresh pasta and sauce from the tomatoes we pick from our garden is incredibly satisfying. Vegetables from our garden and eggs from our chickens contribute to many of our meals. During medical school, I often made Friday evening dinner for my roommates.

What is your best memory from medical school?

My most memorable moment during medical school was a well-timed conversation with my classmate **Todd Sterling '04**. It was late in my third year and I still hadn't decided on a specialty. One day, in the middle of a surgery rotation, Todd said, "I could see you doing anesthesia. Have you ever thought about it?" I hadn't, but the following week I began my anesthesia rotation and thoroughly enjoyed it. I especially thrived in the OR environment where a physician can focus on one patient at a time. Anesthesiologists are among the few physicians who administer medications directly to patients and see immediate physiologic effects. The ability to help someone through a very stressful, scary period of his or her life is also very fulfilling. God had a path for me. It wasn't an easy path, but I got to the end and am able to practice in a field that I love.

What has been the most meaningful experience in your medical career?

The most meaningful experience from my medical career thus far happened when I was working at Kings County Hospital in Brooklyn, NY. I was part of team managing difficult trauma patients. The ancillary staff was difficult to work with and we learned to be ready

for any situation. One day, we were in surgery with a patient having a abdominal aortic aneurysm repaired endovascularly. Suddenly, as the graft was being placed, the patient became hypotensive. Because I had already placed a large IV in the neck, I was ready to transfuse him rapidly. My experience had trained me to prepare for the worst, and in this particular case, that preparation saved the patient's life.

If you were to have worked in a field outside of medicine, what would it have been and why?

Music would definitely have been my alternate career. I love playing the piano, singing, and learning new instruments. Recently, I picked up the ukulele and someday I'd like to learn to play the guitar. I can feel my blood pressure drop when I'm playing music. It reduces stress in my life. I enjoy listening to all kinds of music—classical, alternative rock, and classic rock. I have a lot of respect for musicians because it takes a lot of courage to go on stage and pour your heart out.

If you could learn to do something new or better, what would it be?

I would like to be a better public speaker. I, like many people, get nervous speaking in public and as a result don't enjoy it. Public speaking is a useful skill and I'd like to be better at it.

What is the best advice you've ever been given?

The best advice I have ever been given was from my grandfather who lived in India. Before he passed away, he gave me these three valuable life lessons. He said, "Remember to tithe, remember where you are from, and remember to give to those less fortunate." I have continued to follow his advice and am aware of how blessed I am to have a loving wife, beautiful children and a career that I love. ■

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Karl Haffner



Philip Mills



WEEKEND GUEST SPEAKER

Karl Haffner

Topics:

"Dr. Jesus: Healing Like the Great Physician"
"Healthcare through the Roof"
"Putting the 'Care' in Healthcare"

Karl Haffner has spoken extensively to health care organizations on topics ranging from leadership issues to soul fatigue. His humor and enthusiasm are infectious, delighting audiences around the world with his passion and perspectives. He is a prolific author with over a dozen books to his credit along with thousands of articles published in a wide variety of journals. His B.A. and Master's degrees in business administration, combined with his B.A. and Master's degrees in theology, along with a Ph.D. in leadership, make Karl a forceful and credible voice. Karl currently serves as the senior pastor for the Kettering Adventist Church in Kettering Ohio and also serves as the Mission Strategist for the Kettering Health Network.

MEDICAL SPEAKER

Philip Mills, M.D.

Topic:

"Physicians of the Soul"

Dr. Mills is a graduate of the Loma Linda School of Medicine and is dual board certified in Physical Medicine and Rehabilitation as well as Dermatology. For twenty-three years he had a private practice in Wichita, KS serving on the faculty of KU School of Medicine and was medical director of a rehabilitation hospital during many of those years. He has been active as a writer and speaker on medical and medical legal issues. Currently he is a dermatologist in private practice in Blue Ridge, Georgia. He currently serves on the NAD Health Ministries Committee, and the General Conference Medical Missionary Planning Committee.



Southern Union Conference of Seventh-day Adventists *Biennial* **Medical/Dental/Health Professional CONVENTION**

Welcome to the twenty-fifth consecutive biennial Medical/Dental/Health Professional Convention. We invite you to fellowship together in the beautiful Smoky Mountains. We know your participation in the weekend will refresh your faith, renew old friendships, and reconnect you with your family and loved ones. Other gifted speakers for physicians, pharmacists, dentists, nurses, and allied health professionals are part of this special weekend. Continuing Education credits and ACLS recertification continue to be offered for a nominal fee.

The theme for this weekend is "Beholding the Great Physician." It is our prayer that you will be inspired to carry Christ's medical ministry of healing to those you serve. You are appreciated not only for the gift God gave you to help relieve the suffering and promote healing but for the support and leadership you give to the mission of God's church.



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